ISOLATED AND COMBINED EFFECT OF YOGA THERAPY AND VARMA CIKITSA ON SELECTED PHYSIOLOGICAL, HAEMATOLOGICAL, BIOCHEMICAL AND PSYCHOLOGICAL VARIABLES AMONG GERIATRIC MEN

A SYNOPSIS

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in partial fulfillment of the requirements for the degree of

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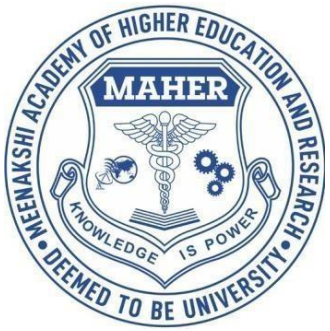
IN

YOGA



FACULTY OF YOGA SCIENCE AND THERAPY

MEENAKSHI ACADEMYOF HIGHER EDUCATION AND RESEARCH(DEEMED TO BE UNIVERSITY)

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